

Stroke prevention

- Establishment of ABEI-based direct chemiluminescence immunoassays for PIC, TAT, tPAIC, and TM and their preliminary evaluation in thrombotic diseases
- Comparative Efficacy of Selective Serotonin Reuptake Inhibitors (SSRIs) and Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs) in the Management of Post-stroke Depression: A Systematic Review of Randomized Controlled Trials
- Predictors of Major Adverse Cardiovascular Events in Stable Patients After ST Elevation Myocardial Infarction
- Preeclampsia and risk of breast cancer: A longitudinal cohort study of tumor histology
- Proportional Stroke Mortality in Espirito Santo, Brazil: A 20-Year Joinpoint Regression Study
- Comparing Stenting with Medical Therapy Versus Medical Therapy Alone in Patients with Intracranial Atherosclerotic Stenosis: A Current Systematic Review and Meta-Analysis
- Thromboembolic Risk and High Prothrombotic Factors in Childhood Acute Lymphoblastic Leukemia with Ischemic Stroke: A Literature Review of Personalized and Institutional Approaches to Prophylaxis
- Preventing Delirium in Hospitalized Patients: No Magic Bullets

The best way for [stroke prevention](#) is to eat a healthy [diet](#), exercise regularly, and avoid [smoking](#) and drinking too much [alcohol](#). These lifestyle changes can reduce your risk of problems like arteries becoming clogged with fatty substances ([atherosclerosis](#)) and high [blood pressure](#).

In a large, nationally representative [sample](#) of adults aged 40 years or older, the estimated prevalence, incidence, and mortality rate of stroke in China in 2020 were 2.6%, 505.2 per 100 000 person-years, and 343.4 per 100 000 person-years, respectively, indicating the need for an improved [stroke prevention](#) strategy in the general Chinese population ¹⁾.

¹⁾

Tu WJ, Zhao Z, Yin P, Cao L, Zeng J, Chen H, Fan D, Fang Q, Gao P, Gu Y, Tan G, Han J, He L, Hu B, Hua Y, Kang D, Li H, Liu J, Liu Y, Lou M, Luo B, Pan S, Peng B, Ren L, Wang L, Wu J, Xu Y, Xu Y, Yang Y, Zhang M, Zhang S, Zhu L, Zhu Y, Li Z, Chu L, An X, Wang L, Yin M, Li M, Yin L, Yan W, Li C, Tang J, Zhou M, Wang L. Estimated Burden of Stroke in China in 2020. JAMA Netw Open. 2023 Mar 1;6(3):e231455. doi: 10.1001/jamanetworkopen.2023.1455. PMID: 36862407.

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